



A NEWSLETTER FROM THE THE OFFICE FOR COMMUNITY WELLNESS

Wellness Matters



Summer is finally here and so are FREE community events and activities!

Join the Office for Community Wellness (OCW) and our many co-sponsors for some **FREE Summer Fun** around Town. Including...

WELLNESS WEDNESDAYS **FREE!**

10AM-11AM - Hasbrouck Park, New Paltz
Rain location: Community Rooms, Redeemer Church - 90 Rt. 32 South in New Paltz.

ACTIVITIES DESCRIPTIONS & SCHEDULE

Yoga with Crystal July 9th & July 30th	Breathwork with Heather July 16th & August 6th	DFX Dance with Drew July 23rd
Join Crystal Middleton, RYT-200, for beginner friendly yoga this summer.	Join Heather Barton, MSW - life coach, Reiki master, and experienced breathwork guide - for free free community sessions this summer.	Join Bryant "Drew" Andrews - Master Coach of the Energy Dance Company and DFX - Dance Fitness.
These sessions are about mindful movement, building awareness inside and out, breathing fresh, and stretching out. Whether you've practiced yoga before or this is your first time. All are welcome. Interested kiddos and babies in arms can join in too. Bring your own mat if you have one - we will also have some to loan out.	Discover simple, powerful breathing techniques to calm your body, reset your nervous system, and return to a place of ease.	This Fun, easy to follow Dance and Flexibility class set to old school R&B, Motown, We Had Latin, Pop & more!
	No experience needed - just bring yourself and a willingness to relax.	No dance experience needed. Perfect for all ages & levels. Just bring energy, water and comfortable clothes!

We are also grateful to have a representative from the Ulster County Mobile Mental Health Team who will also be available to answer your questions about how to support someone you may be concerned about, as well as how to access local resources.

Visit: nptrivingtogether.org

10 to 11 am at Hasbrouck Park (5 Wednesdays July 9th to August 6th), featuring Yoga, Breathwork, Dance & Movement!

**** In the event of rain Wellness Wednesdays will be held at Lutheran Redeemer Church ****

Join us at the New Paltz Community Center for **Sunday FUN Day** **FREE** BBQ, Bouncy House, Face Painting, Games and **MORE!**

SUNDAY FUN DAY

JULY 27TH
12PM - 2PM

FREE

JOIN US FOR:
"BBQ" "BOUNCY HOUSE" "CHILDREN'S ACTIVITIES"
"GAMES" "FACE PAINTING" & "MUSIC"

We'll see you at:
New Paltz Community Center
3 Veterans Drive in New Paltz

Painting in the Picnic Grove:
11am to 1:00pm at Historic Huguenot Street (5 Thursdays July 10th to August 7th). **FREE** Rock & Ornament Painting and Water Colors!

Hang out with us and... relaxxxx!

Painting in the Picnic Grove at Historic Huguenot Street

5 consecutive Thursdays - 11 a.m. - 1 p.m.

Thursdays beginning on July 10th and ending on August 7th

The Town of New Paltz's Office for Community Wellness is excited to offer this **FREE** summer wellness program in collaboration with our partner organizations - **Elting Memorial Library and Historic Huguenot Street**. All are welcome and invited to participate! All materials and supplies are provided **FREE** of charge. All you need is to bring is a friend and your creativity.

Drop in... Hang out... Create... Relaxxxx!

Three (3) painting stations offering:

- Rock painting
- Summer & nature themed wooden ornaments
- Watercolor designs

Join us. There are options for children, youth, and adults. We hope to see you there!

FREE Outdoor Movie Night: Monday, August 18th at Water Street Market (rain date 8/19)



Grab your favorite beach blanket or chair and **ENJOY** the Show!

**** FREE Popcorn starts at 7 FREE Movie at sunset ****

In this newsletter:

FREE Summer FUN!

Wellness Wednesdays, Painting Thursdays, Sunday FUN Day, and Outdoor Movie Night at Water Street!
(follow the link or see pg. 5 for more)

International Overdose Day
What to know and where to find help when you need it
(follow the link or see pg. 2)

8th Annual Recovery Fest
Save the Date
(follow the link or see page 3)

Maya Gold Foundation presents, "Stats, Stories and Successes," at the Mental Health First Aid Summit in Philadelphia
(follow the link or see pg. 4)



AUGUST 31ST

Chances are, everyone reading this has been affected by substance use in some way.

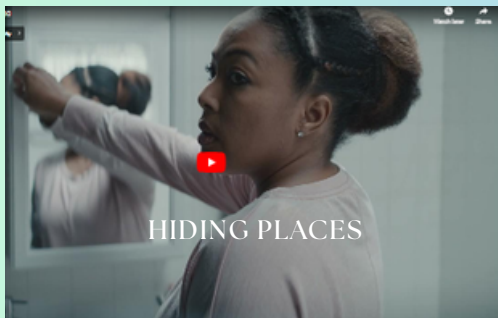
Whether you personally know someone who has struggled with addiction, have lost a loved one to overdose, or are supporting a friend or relative through their journey—this crisis touches us all.

Overdose remains one of the most devastating public health emergencies worldwide. Behind the statistics are real people: parents, children, siblings, friends. And behind every loss, there is deep grief and pain carried by those left behind.

International Overdose Awareness Day is a global event that began in 2001. Its purpose is to raise awareness of overdose and how it can be prevented, to reduce the stigma associated with drug-related deaths, and to acknowledge the grief of families and friends who live with the loss every day.

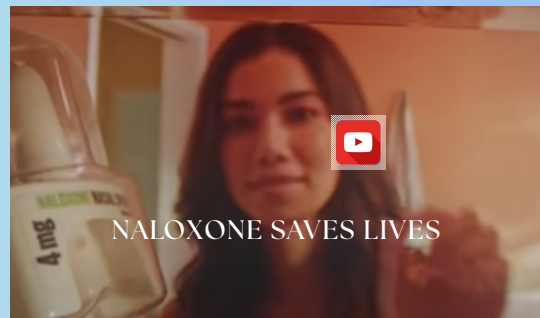
The time to end the stigma and take action is now. By opening up the conversation, we create space for compassion, education, and hope.

Let us stand together in remembrance, in solidarity, and in the fight for a better future—one where no life is lost to overdose.



Know the Signs of Addiction:

- Difficulties at school, disinterest in school-related activities, and declining grades
- Poor work performance, being chronically late to work, appearing tired and disinterested in work duties, and receiving poor performance reviews
- Changes in physical appearance, such as wearing inappropriate or dirty clothing and a lack of interest in grooming
- Altered behavior, such as an increased desire for privacy



- Drastic changes in relationships
- A noticeable lack of energy when performing daily activities
- Spending more money than usual or requesting to borrow money
- Issues with financial management, such as not paying bills on time
- Changes in appetite, such as a decreased appetite and associated weight loss
- Bloodshot eyes, poor skin tone, and appearing tired or run down
- Defensiveness when asked about substance use

Know where to go for help when you or someone you know may need it...

Life can be challenging...

BUT NEW PALTZ IS TOUGH AND WE GOT THIS...

Education is key:

Know what's available to you, your friends and your family.

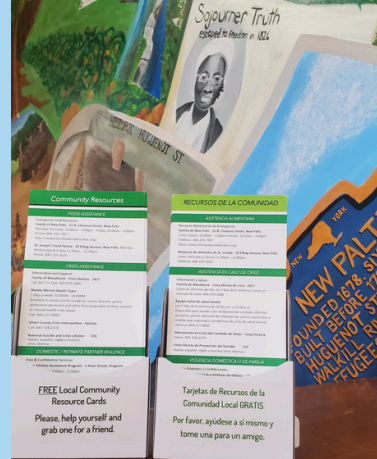
Reach out to the Office for Community Wellness (OCW) for resources and guidance to assist with your unique needs.

We understand the complexities of life situations and circumstances and are here to help.

Call Phoenix at (845) 275-5413 or visit our website nptrivingtogether.org

for more information on local resources there for you.

Look for OCW Resource Cards in offices and businesses around town



(click on the image above for more info.)

Save the Date

8th Annual Recovery Fest

Sunday, September 21, 2025

**FREE FOOD, MUSIC,
SPEAKERS, GAMES,
FACE PAINTING,
BOUNCY HOUSE
AND MORE!**

**A DAY OF HOPE,
RECOVERY AND
REMEMBRANCE
EVERYONE IS
WELCOME TO THIS
FREE COMMUNITY
EVENT**

Recovery Fest, held annually on the third Sunday of September, is a powerful community event that celebrates the strength and resilience of individuals in recovery from substance misuse.

Now in its eighth year, the **FREE** festival offers a day filled with music, inspiring speakers, food, fun activities, and valuable resources—all in support of fostering a strong, connected recovery community.

SAVE THE DATE!

8th Annual Recovery Fest
September 21st
12PM - 4PM @ Field of Dreams
241 Libertyville Road in New Paltz

All are welcome!

- *Speakers in Recovery
- *Resources
- *Music
- *BBQ
- *Bouncy House
- *Children's Activities
- *Wall of Remembrance & More

The day serves as a beacon of hope, connection, and support for those impacted by addiction and mental health challenges, while also raising awareness and breaking the stigma surrounding these issues. Please join us for what is sure to be the best year yet for this powerful and empowering community event.

Click [HERE](#) to keep track of OCW's upcoming, FREE community events

OCW Team

Partner Spotlight...



Elise Gold &
Matthew Swerdloff

Elise and Mathew, co-founders of the Maya Gold Foundation, presented their findings, after three years of data collection, on the efficacy of teen Mental Health First Aid (tMHFA).

They presented "Stats, Stories and Successes: A Report on Three Years of Teaching tMHFA in the Hudson Valley" at the National Council of Mental Well Being Summit in May.



The full presentation can be viewed at bit.ly/natcon25 or by clicking on the images above



Abby, Grade 11



Nev, Grade 10



Valentine, Grade 11

Click on the images above hear what teens have to say about their experiences with Teen Mental Health First Aid (tMHFA)

Of note from the findings:

- From many significant findings in support of tMHFA training, the most notable was that tMHFA increases awareness of warning signs of suicidality and increases the likelihood of a teen getting the support of an adult where warning signs are present.

—hope—

It's been proven time and time again...

A strong community not only enhances an individual's well-being...

But enhances the well-being of the community as a whole...

Join us for some of the great summer fun we've planned for YOU
and get to know your neighbors!

Our summer activities & events at a glance...

FREE FUN!

For more info, please visit: npthrivingtogether.org

Wellness Wednesdays

10:00 AM - 11:00 AM

Wednesdays @ Hasbrouck Park

For 5 weeks (July 9th - August 6th)

FREE Yoga, Breathwork, Dance & Movement. Each week offers a different FREE wellness activity.

Painting in the Picnic Grove

11:00AM - 1:00 PM

Thursdays @ Historic Huguenot Street

For 5 weeks (July 10th - August 7th)

FREE Rock Painting, Summer Ornament Painting and Water Colors!

Sunday FUN Day

Sunday, July 27th

New Paltz Community Center

3 Veterans Drive in New Paltz

12:00PM - 2:00 PM

FREE BBQ, BOUNCY HOUSE, CHILDRENS' ACTIVITIES, MUSIC, & MORE!

Outdoor Movie Night

Monday, August 18th

Water Street Market

Movie begins at 8PM (sunset)

"E.T. - THE EXTRA-TERRESTRIAL"

**FREE POPCORN & MOVIE!
BRING YOUR FAVORITE
BEACH CHAIR OR BLANKET.**

Co-Sponsored by:



GET INVOLVED!

CLICK HERE TO BE A VOLUNTEER



like us and follow us on facebook and instagram

